

DAILY AFFIRMATIONS JOURNAL

THIS JOURNAL BELOGNS TO



DAILY AFFIRMATIONS

DATE: _____

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AFFIRMATIONS FOR TODAY

1. _____
2. _____
3. _____

TOP 3 PRIORITIES

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3 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____

MEAL PLANNER

BREAKFAST

LUNCH

LUNCH

WATER



SELF CARE ACTIVITIES

- ☐ SLEEP
- ☐ GET UP EARLY
- ☐ GET SOME FRESH AIR
- ☐ LEARN SOMETHING NEW
- ☐ READ A BOOK

- ☐ EAT A WELL-BALANCED DIET
- ☐ EXERCISE
- ☐ STAY HYDRATED
- ☐ TAKE A 'ME' MOMENT
- ☐ LISTEN TO A PODCAST

- ☐ TAKE A SHOWER OR BATH
- ☐
- ☐
- ☐
- ☐

NOTES & REFLECTIONS

Reflect on what challenges you faced, what you learned, how you were successful, and how tomorrow can be better
